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Lehi City's Slim to Win Contest was a great success!

Lehi City, Utah | August 2012 — The Lehi Legacy Recreation Center's six-month Slim to Win program was designed to develop a healthy lifestyle change for all 42 participants. The results seen at the end of the contest proved the program worked. Participants had to commit to meet with a trainer once a week through the duration of the contest. To encourage them on their journey, the participants were given small incentives to keep them going. The impact far surpassed what Mayor Bert Wilson could ever have anticipated when he first encouraged the Legacy Center to implement the program. "Not only did it lose pounds from those of us that needed it, but it got us healthy", said Mayor Wilson. "It started a life style change that will help us eat right, exercise properly and just feel better about ourselves." Mayor Wilson lost 43 pounds as a participant in the program.

The overall weight-loss winner was Lehi City resident, Rick Worthen. He lost 94 pounds and lost a total of 52 inches in different places on his body, 32% of his starting weight. Rick initially started the contest to support his daughter, Liz, who lost 56 pounds. Rick, in his last statement said, "I wanted to be around for my family and this has helped me do exactly that." Rick will be the Lehi Legacy Center's special Guest Speaker at our 2013 opener for the next Slim to Win contest in January of 2013 (be on the lookout for more details announced this winter).

Rick had a challenger who worked just as hard to be the overall winner. Ashley Bowman was in the gym just as much as Rick. She lost 61 pounds—almost 30% of her starting weight—and a total of 52.5 inches. Although just slightly short on her percent decrease in body weight, Ashley was the overall winner in terms of most inches lost.

The contest didn't just focus on weight-loss, it was designed to improve participants' level of fitness, so each of the contestants were tested and timed at the beginning to measure how well they could do sit-ups, push-ups and a 1-mile run /walk. Each contestant was then re-tested three months later and then again at the end of the program. Everyone's most competitive side must have come out during their assessments, because each tried hard each time with surprising results in the end.



Another one of the contestants, Andrea, Hunziker improved the most overall on her fitness assessment. Andrea more than doubled her first time numbers for each of the testing sections. Her fiancé mentioned,



“Andrea has become very dedicated in her workouts.” Her hard work paid off, as she lost 35 pounds and a total of 36.75 inches.

The Slim to Win judges often stressed that healthy weight-loss is not always about the number on the scale. Body composition—or your ratio of fat to muscle—needs to be considered too. This is because the more muscle on your body, the more lean you become, the more lean you become, the more energy your body expends throughout the day. Mary Henrie lost 12% of her body fat during the six-month program, bringing her to a healthy body-fat range for her gender and height. She lost an impressive 36 pounds and a total of 32.25 inches.

The before-and-after pictures tell the real story as you can plainly see the increased level of confidence that shines through all of the contestants (please go to <http://photos.lehi-ut.gov/Category/Slim-To-Win> if you want to see more). In the end, many participants said it wasn't so much about the contest, as it was about developing good healthy habits. One particular contestant said in essence that towards the end of the contest she had faced a difficult tragedy in her life, but with the healthy lifestyle changes that she had already determined to keep, she was able to stick with her exercise and eating commitments. Yet another contestant said she has been a diabetic for years, but she had good news to tell when two months ago, her doctor told her that she no longer needs her diabetic medication. And these are just a few of the inspiring stories from the Slim to Win contestants!

All in all, the total weight loss from the remaining 18 participants was 781.2 pounds and the total inches lost were 583.09. A big thanks goes out to the many individuals and businesses that donated prizes and their time in educating the participants in proper nutrition, exercise and motivation.

Slim to Win will begin again in January of 2013. Those interested may start applying this October. The fee is \$150 for the six-month commitment. Visit the Legacy Center website at www.lehi-ut.gov/legacy in the upcoming months for more information.